

Your Personal Wellness Goal Sheet

Set simple goals to support your fitness, sleep, and smoking-cessation journey. Small, realistic goals make a real difference.

*Choose 1 goal for each pillar for the next 30 days (*if applicable)*

LiveLight

fitness & movement

- ☐ Take a 5-min walk on break
- ☐ Do 3-min core routine 3x/week
- ☐ Stretch 2 min during breaks
- ☐ Park farther away and walk
- ☐ Join a walking group
- ☐ Other: _____

Movement helps reduce stress, protect your back, and boosts energy.

My goal:

Why this matters to me:

RestDeep

better sleep

- ☐ Limit caffeine 6hrs before bed
- ☐ Get 10 min morning sunlight
- ☐ Start a wind-down routine
- ☐ Keep sleep space cool/dark/quiet
- ☐ Use blackout curtains or sleep mask
- ☐ Other: _____

Quality sleep improves mood, focus, and overall health.

My goal:

Why this matters to me:

BreatheFree

*smoking cessation**

- ☐ Delay first cigarette by 10 min
- ☐ Swap out your craving for a healthy snack
- ☐ Track cravings for one week
- ☐ Set a quit-date window
- ☐ Replace 1 cigarette/day with a walk
- ☐ Other: _____

Quitting smoking improves breathing, energy, and saves money.

My goal:

Why this matters to me:

My Commitment for the Next 30 Days

I will focus on these 3 goals:

- 1.
- 2.
- 3.

Start Date:

Check-in Date: